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*lent and teacher: Use this cover sheet for mailing or faxing.***ASSIGNMENT BOOKLET B**

CMH1010

Community Health 1010: Section 4 Assignment and Section 5 Assignment

FOR STUDENT USE ONLY

Date Assignment Submitted:

(If label is missing or incorrect)

Student File Number:

Time Spent on Assignment:

Course Number: _____

FOR OFFICE USE ONLY

Assigned

Teacher: _____

Assignment

Grading: _____

Graded by: _____

Date Assignment Received:

**Student's Questions
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correct course.***Teacher's Comments**_____
Teacher

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- Are all the assignments completed? If not, explain why.
- Has your work been reread to ensure accuracy in spelling and details?
- Is the booklet cover filled out and the correct module label attached?

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CAREER & TECHNOLOGY STUDIES

ASSIGNMENT
BOOKLET B

Family Dynamics
CMH 1010



Learning
Technologies
Branch

Alberta
LEARNING

FOR TEACHER'S USE ONLY

Summary

| | Total Possible Marks | Your Mark |
|----------------------|----------------------|-----------|
| Section 4 Assignment | 25 | |
| Section 5 Assignment | 15 | |
| | 40 | |

Teacher's Comments

This document is intended for

| | |
|----------------|---|
| Students | ✓ |
| Teachers | ✓ |
| Administrators | |
| Parents | |
| General Public | |
| Other | |

Community Health 1010
Family Dynamics
Assignment Booklet B
Section 4 Assignment and Section 5 Assignment
Learning Technologies Branch
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ASSIGNMENT BOOKLET B COMMUNITY HEALTH 1010 SECTION 4 ASSIGNMENT AND SECTION 5 ASSIGNMENT

Your mark for this course will be determined by how well you do your assignments in the Assignment Booklets.

This Assignment Booklet is worth 40 marks out of the total 100 marks for Community Health 1010. The value of each assignment is stated in the left margin.

Work slowly and carefully. If you are having difficulties, go back and review the appropriate topic.

Be sure to proofread your answers carefully.

25

Section 4 Assignment: Taking Charge of Your Health

Read all parts of your assignment carefully and record your answers in the appropriate places.

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1. In Activity 2 of this section, you were asked to produce a personal health history. This involved researching and recording the health histories of family members and of yourself.

Your assignment here is to take the material you put together for your own history and use it to produce a finished version of a personal health history. The material you gathered on family members will be relevant only to the degree that it points to possible inherited conditions or predispositions that you should be aware of. In other words, you're being asked here to report on yourself—not other people. You should be able to get all the material you need from the work you did in your Student Module Booklet for Activity 2.

Your health history should include the following components, though you can add other material if it seems relevant.

- childhood diseases and illnesses
- your immunization record
- any stays in the hospital
- any surgeries
- any injuries
- any current medical conditions
- any hereditary diseases or conditions that run in your family
- any medications you currently use
- any lifestyle modifications you've made because of health concerns

Note: Because of the sensitive nature of this assignment for some students, if you are under the age of 18, you must explain to your parent(s) or guardian(s) what you're doing and why and have them sign in the box that follows. If either you or your parent (or guardian) finds this to be too sensitive a subject, your assignment is to create a fictional, but realistic, personal health record. Other options would be to produce your own record, leaving out any details that are too personal, or the record of a consenting family member.

I have been informed as to the nature and purpose of this assignment and give my consent.

(signature of parent or guardian)

or

I am eighteen years or older.

(signature of student)

(There is more room for your answers on the next page.)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

(There is more room for your answers on the next page.)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

(There is more room for your answers on the next page.)

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

⑨

2. a. In Activity 3 of this section, you applied the information you researched in Activity 2 and produced a personal action plan designed to promote your own health and well-being. Your assignment now is to use the chart that follows to produce a finished copy of your personal action plan. Your plan should contain **three** distinct focus areas.

PERSONAL ACTION PLAN

| Focus Areas (Strengths & Concerns) | Goals | | Action Plan | Resources | Rewards |
|---------------------------------------|-------|------|-------------|-----------|---------|
| | Short | Long | | | |
| | | | | | |
| | | | | | |
| | | | | | |

④

- b. Now complete the following chart to explain the effects your personal action plan is likely to have on yourself, your family, your community, and your career and lifestyle.

| IMPLICATIONS: HOW WILL YOUR ACTION PLAN AFFECT THE FOLLOWING? | |
|--|--|
| • Yourself (costs? time?) | |
| • Your Family | |
| • Your Community | |
| • Your Career and Lifestyle | |

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Section 5 Assignment: Career and Life Choices

Read all parts of your assignment carefully and record your answers in the appropriate places.

1. Eugene is 19 years old. He dropped out of school in grade 11 and went to work for a local construction company. It's fairly steady work in the summer, but he faces layoffs each winter. One day, Bruno, an older worker at the construction site, said to Eugene, "Hey, Eugene, you're a smart kid. Why don't you apprentice and get your electrician's, or carpenter's, or plumber's journeyman papers? You'd make much better wages than you're getting now, and you'd have steady employment all year. You should think about it."

"I can't," replied Eugene. "I only have part of my grade 11, and I need grade 12 if I want to do the six weeks of technical classes I'd need each year to get my papers."

"Have you considered going to night school or taking correspondence courses to get your grade 12?" asked Bruno. "Remember, kid, you have your whole life ahead of you. Besides, I've seen that little lady you're engaged to; doesn't she deserve better, or are the two of you planning to live with your parents for the rest of your lives?" At this, all the guys broke into laughter, each adding a comment to the teasing.

2

- a. Put yourself into Eugene's shoes and describe the career/life choices you'd make if you were him. Give reasons for your decisions.

- ④ b. Now explain how the choices you'd make if you were Eugene would influence him, his family, his fiancée, and his community.

Himself:

His family:

His fiancée:

His community:

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2. Using the broad concept of career employed in this course, complete the chart that follows. It asks you to identify **three** career/life choices you've made in recent years and explain a present and a future effect of each on yourself, your friends and family, and your school or community. Use point form to complete the chart.

| Choice 1: _____ | | |
|----------------------|----------------|----------------|
| Influence | Today | Future |
| Self | _____ _____ | _____ _____ |
| Family | _____ _____ | _____ _____ |
| Friends | _____ _____ | _____ _____ |
| School/ Community | _____ _____ | _____ _____ |

| Choice 2: _____ | | |
|----------------------|----------------|----------------|
| Self | _____ _____ | _____ _____ |
| Family | _____ _____ | _____ _____ |
| Friends | _____ _____ | _____ _____ |
| School/ Community | _____ _____ | _____ _____ |

| Choice 3: _____ | | |
|----------------------|----------------|----------------|
| Self | _____ _____ | _____ _____ |
| Family | _____ _____ | _____ _____ |
| Friends | _____ _____ | _____ _____ |
| School/ Community | _____ _____ | _____ _____ |

